



# **DRESSINGS & BANDAGES**

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# DRESSING

**A dressing is a sterile pad, compress that is applied directly over a wound to promote healing.**

## **Purposes of dressing-**

- **To protect the wound**
- **To control/ stop bleeding**
- **To apply medication**
- **To absorb excess moisture / discharges from the wound**
- **To prevent infection**
- **To prevent further injury**
- **To promote healing**
- **Provide comfort**



## **Points to be considered for dressing in first aid**

- **If the situation permits, wash hands with soap and water**
- **Wear gloves if available**
- **Control bleeding before applying dressing**
- **Apply the sterile pad without touching the part that comes in contact with the wound**

# Types of Dressing

- **Adhesive dressing**
- **Non adhesive dressing**

## Adhesive dressing

**A sterile pad of absorbent gauze/ cellulose is held in place by a layer of adhesive material.**





## **Method of Adhesive dressing**

- **Wash hands and wear gloves if possible**
- **In case of contaminated wounds, clean with antiseptic solution**
- **If antiseptic solution is unavailable, wash the wound with soap and water**
- **Dry the sides of the wound with gauze piece**
- **Remove the adhesive dressing from its outer wrapping and hold it with the gauze side down**
- **Peel back and expose the gauze**
- **Place it in such a way that the pad comes directly over the wound.**
- **Do not touch the gauze pad**
- **Pull away the protective strips with care**
- **Press the edges and ends well to fix it onto the skin.**



# Non Adhesive Dressing

- **This type of dressing does not contain an adhesive material with it to fix the dressing.**
- **It includes sterile ready made dressing or gauze dressing.**
- **The dressing material has to be held in place by using a bandage or an improvises material like scarf or towel.**



## **Method**

- **Wash hands and wear gloves if possible**
- **In case of contaminated wounds, clean with antiseptic solution**
- **If antiseptic solution is unavailable, wash the wound with soap and water**
- **Dry the sides of the wound**
- **Open the dressing by removing the wrappings**
- **Place the dressing directly over the wound**
- **Bandage firmly using triangular bandage and secure it by tying the two ends together by reef knot.**
- **Gauze taken in layers may be used instead of dressing**
- **A piece of cloth cut in the shape of bandage may be used instead of bandage**
- **Wash hands with soap and water after dressing**

# **GUIDELINES IN USING DRESSING AND BANDAGES**

- **Use a dressing that is large enough to extend at least 1 inch beyond the edges of the wound.**
- **If body tissue or organs are exposed, cover the wound with a dressing that will not stick, such as plastic wrap or moistened gauze. then secure the dressing with a bandage or adhesive tapes.**
- **If the bandage is over a joint, splint and make a bulky dressing so the joint remains immobilized. if there is no movement of a wound over joint, there should be improved healing and reduced scarring.**
- **A bandage should fit snugly but should not cut off circulation or cause the victim discomfort. If the area beyond the wound changes in color, begins to tingle or feel cold, or if the wound starts to swell, the bandages is too tight and should be loosened.**



# BANDAGE

**The bandage is any material that is used to hold a dressing or compress in place, to prevent infection of a wound, to apply pressure to control bleeding or to support broken bones when used as a sling.**

**These includes gauze, triangular, Elastic, and tubular bandage.**

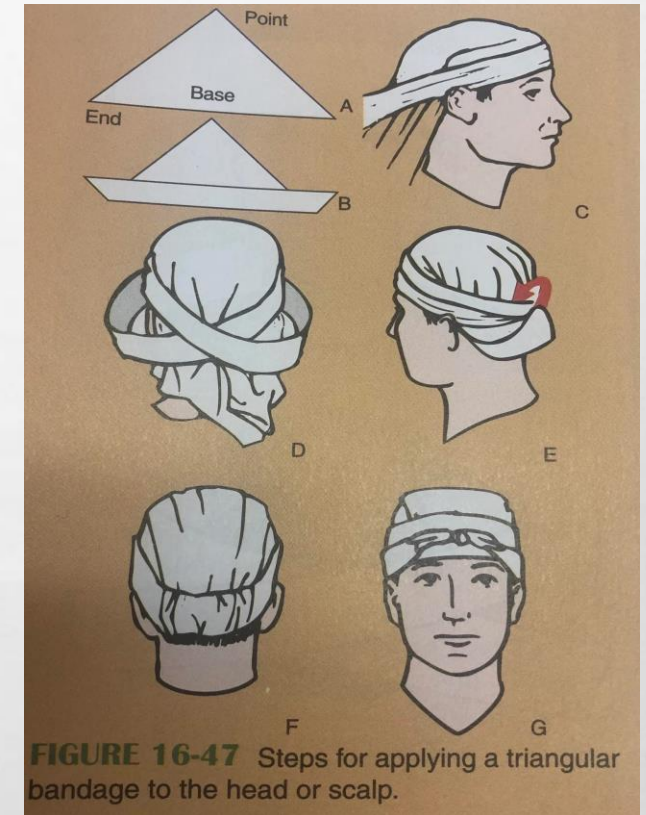
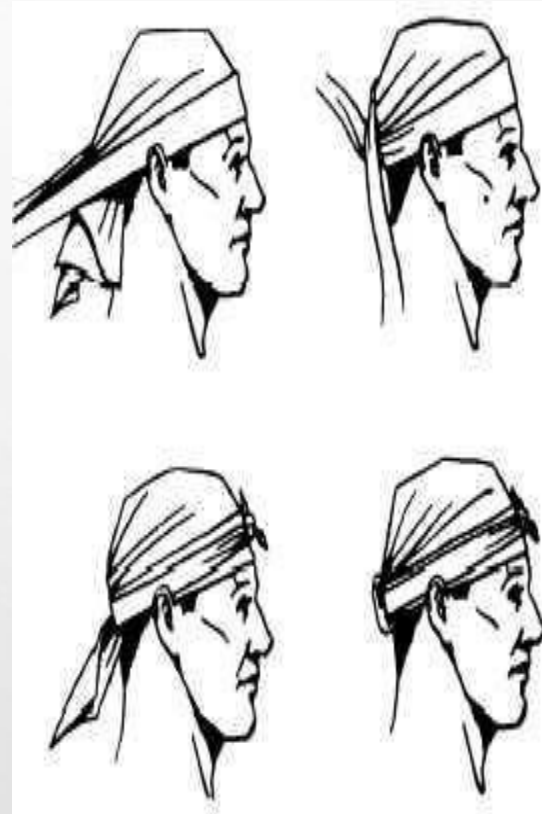
**The most papular bandage in first aid is the triangular bandage.**

**A triangular bandage may be used as open or folded. Once folded it is called cravat.**



# HEAD TOP (FOR HEAD INJURIES)

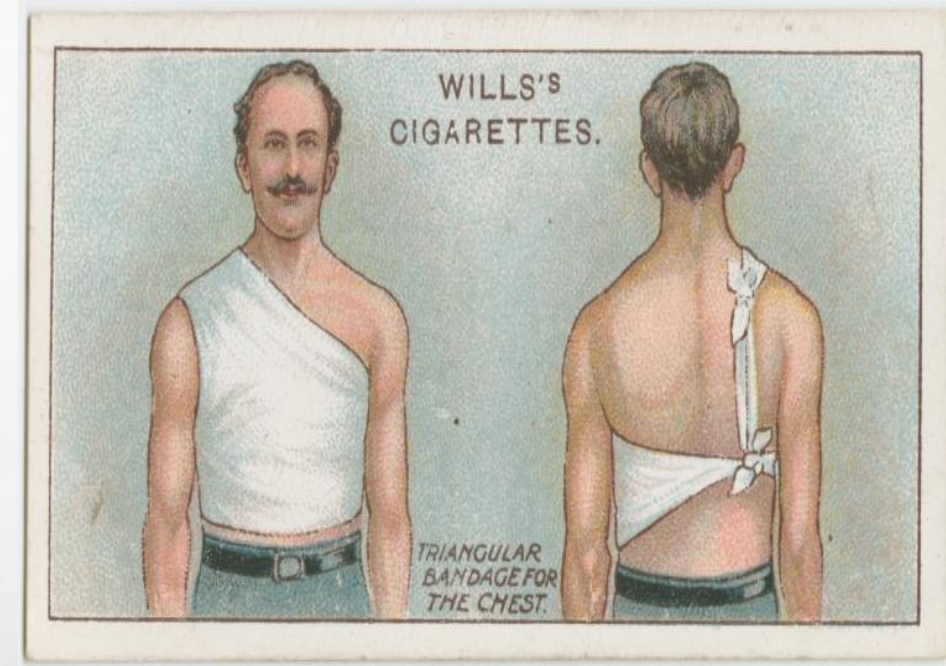
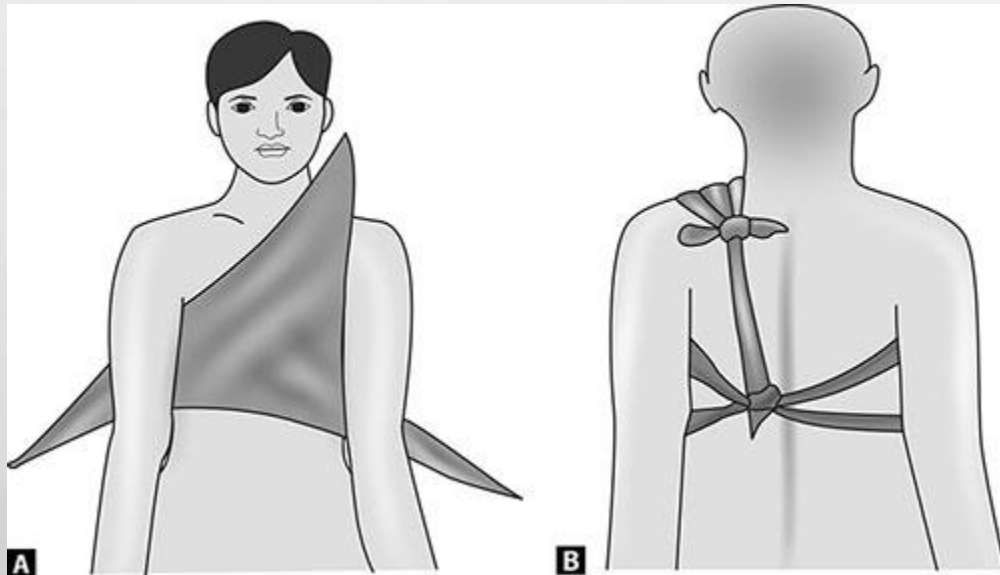
- **Fold the base at least 2-3"**
- **Place folded base aligned with eyebrows**
- **Pull back and cross-over at the back, tucking apex beneath**
- **Pull both ends in front/secure with a square knot at the center of the folded base/tuck ends**
- **Pull down apex (tuck sides neatly)**
- **Tuck apex neatly at cross-over area**



**FIGURE 16-47** Steps for applying a triangular bandage to the head or scalp.

# CHEST BANDAGE

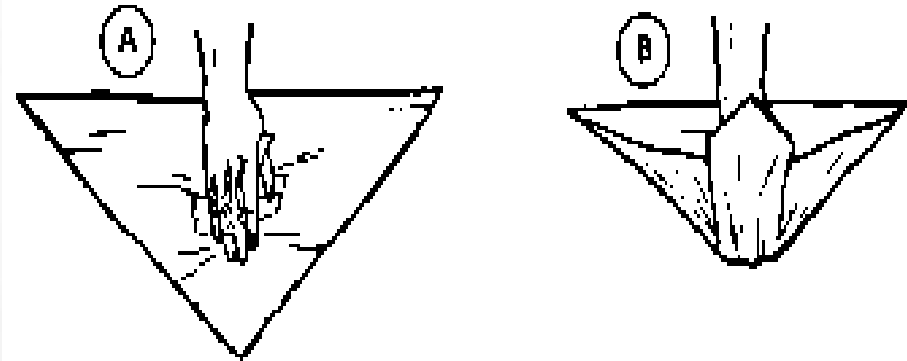
- **Apex at the shoulder of injured part**
- **Pull back folded base and secure with square knot at the center indentation of the back.**
- **Knot/tie longer end with apex**



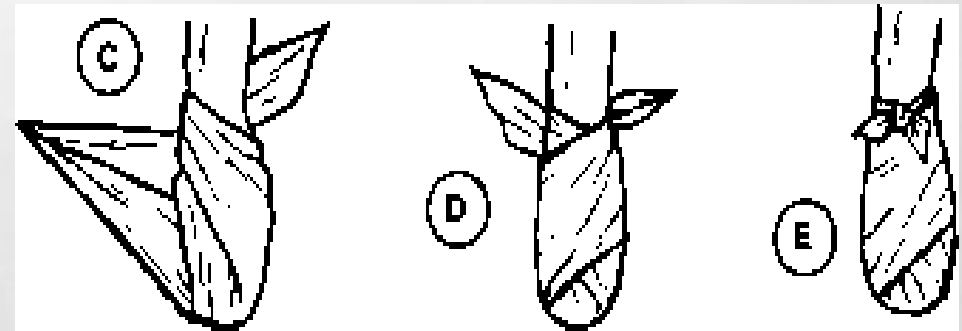


# HAND BANDAGE

- **Place the hand in the middle of the triangular bandage with the wrist at the base of the**
- **Place the apex over the fingers and tuck any excess material into the pleats on each side of the hand**
- **Cross the ends on top of the hand, take them around the wrist, and tie them with a square knot.**



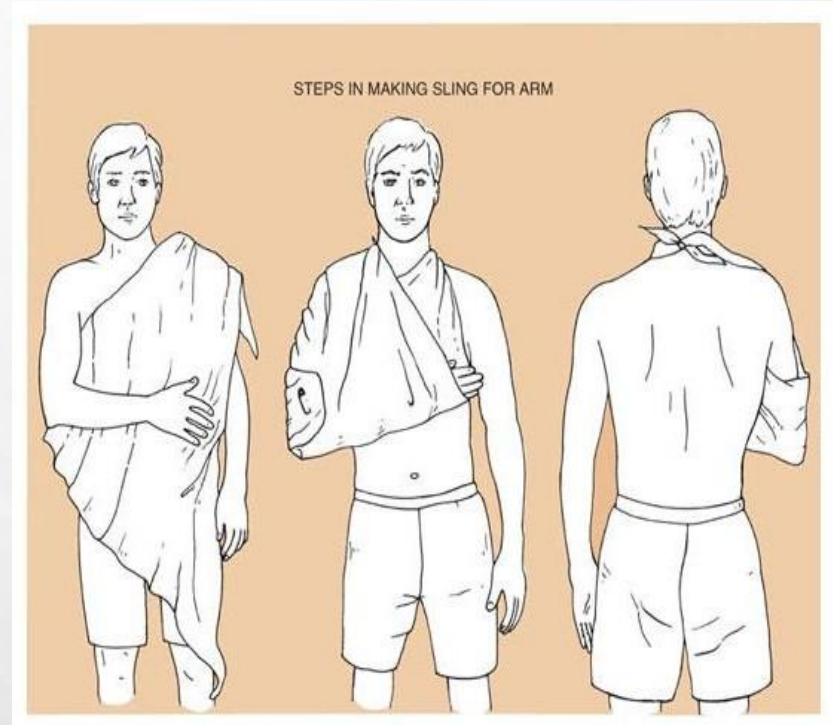
*Figure 3-38. Triangular bandage applied to hand (Illustrated A thru E).*



*Figure 3-38. Continued.*

# ARM SLING

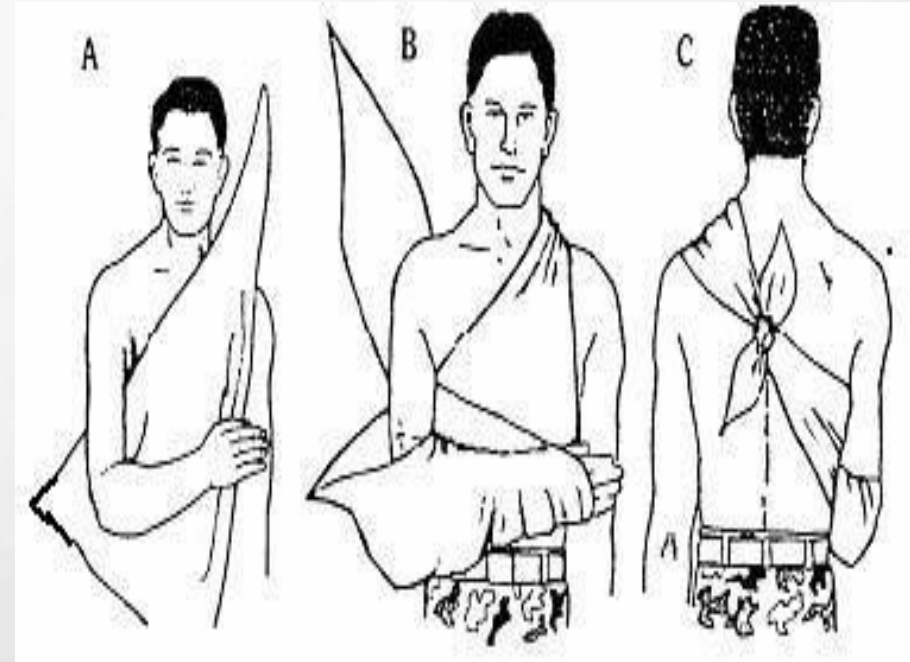
- **Place folded base vertically over**
- **One arm, with pointed directly under the elbow of injured arm**
- **Lower ends of base at the side of the neck using a square knot**
- **Make several twist with apex and tie a knot**
- **Hide the knot**





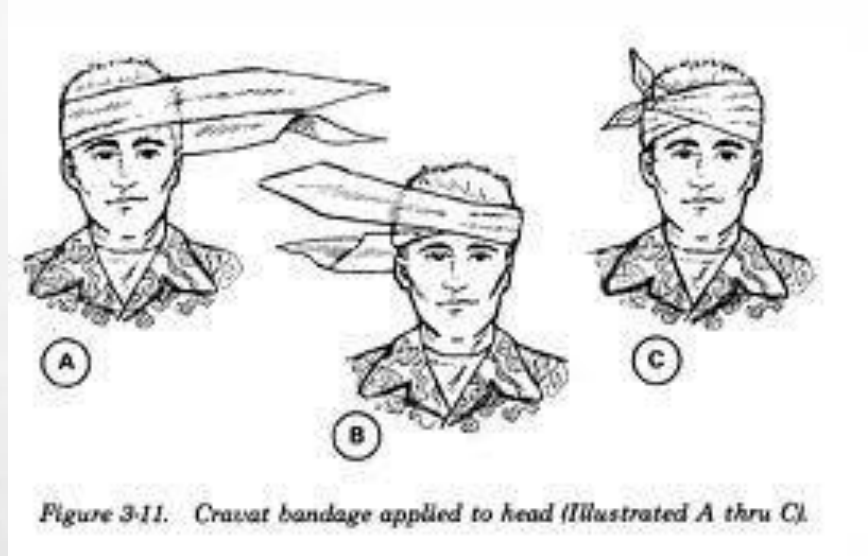
# UNDER ARM SLING

- **Same procedure as arm sling except that the lower end of the base is tucked under the injured arm.**
- **Secure end of base and apex with a square knot the center indentation at the back.**



## **CRAVAT BANDAGE FOR FOREHEAD**

- **Place the center of the cravat over the compress covering the wound.**
- **Carry the ends around to the opposite side of the head, cross them. Bring them back to the starting point and tie them.**



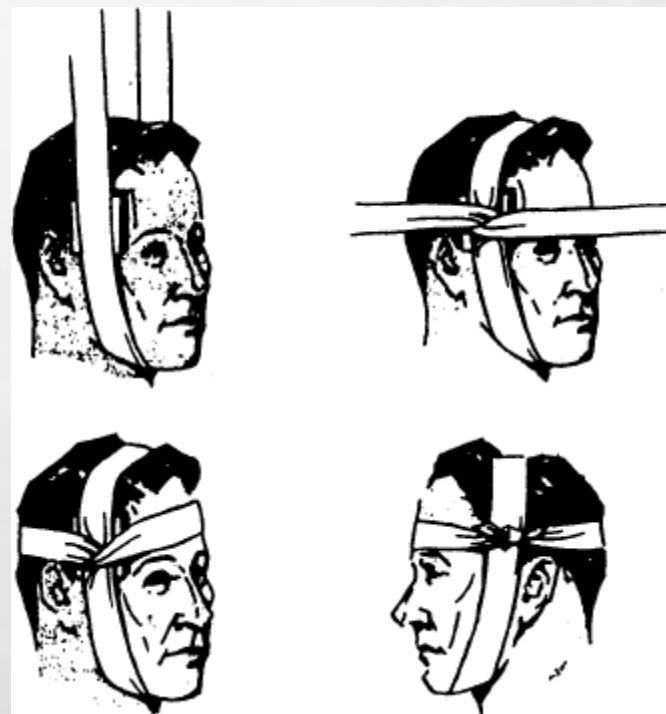
*Figure 3-11. Cravat bandage applied to head (Illustrated A thru C).*

# **CRAVAT BANDAGE FOR THE NECK**

- **Place the center of the cravat over the compress covering the wound.**
- **Carry the ends around to the neck, cross them. Bring them back to the starting point and tie them loosely.**

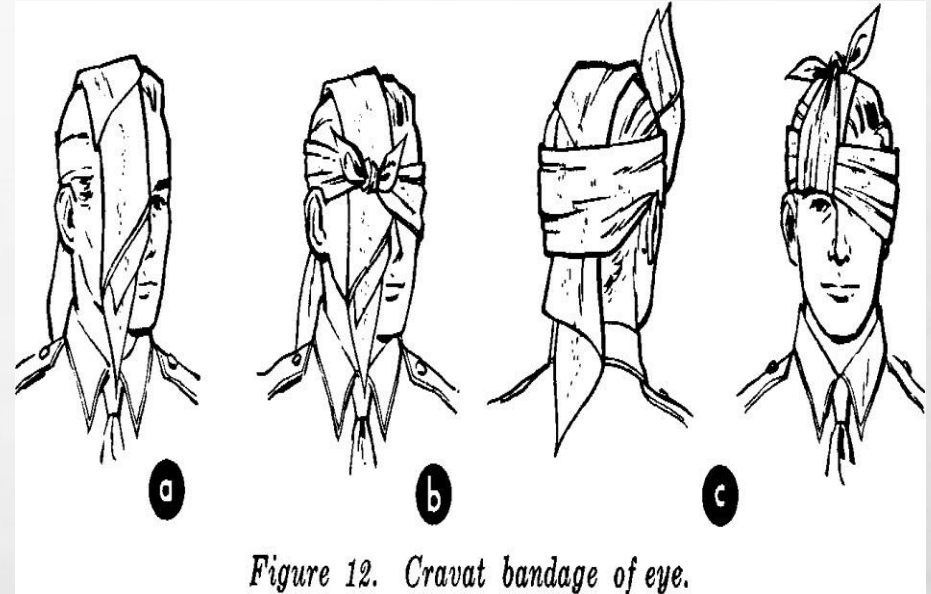
# CRAVAT BANDAGE FOR THE CHEEK OR EARS

- **Use the wide cravat. Start with the middle of the cravat over the compress covering the cheek or the ear.**
- **Carry one end over the top of the head and the other under the chin.**
- **Cross the ends at the opposite side.**
- **Bring the short end back around the forehead and the long end around the back of the head.**
- **Tie them down over the compress**



# CRAVAT BANDAGE FOR THE EYE

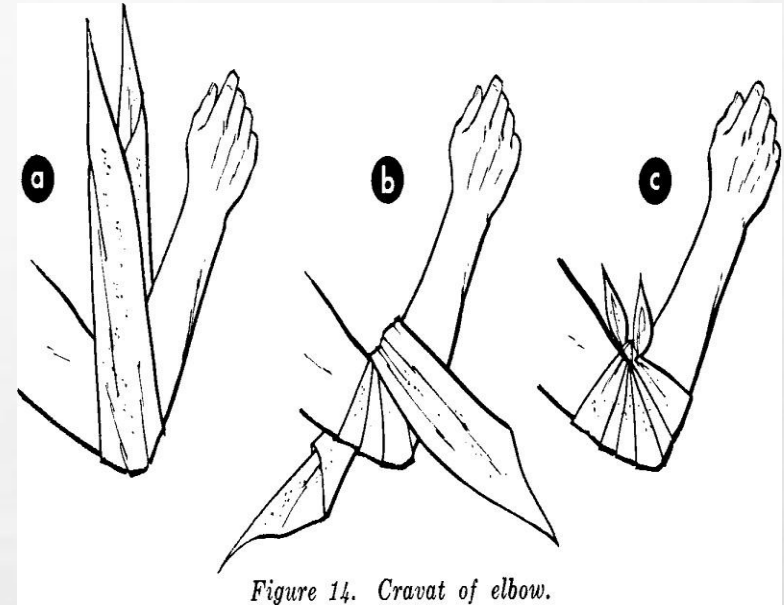
- Lay center of the first cravat over top of head with the front end falling over uninjured eye.
- Bring second cravat around head, over eyes, and over loose ends of first cravat. Tie in front.
- Bring ends of first cravat back over top of head, tying there and pulling second cravat up and away from uninjured eye.





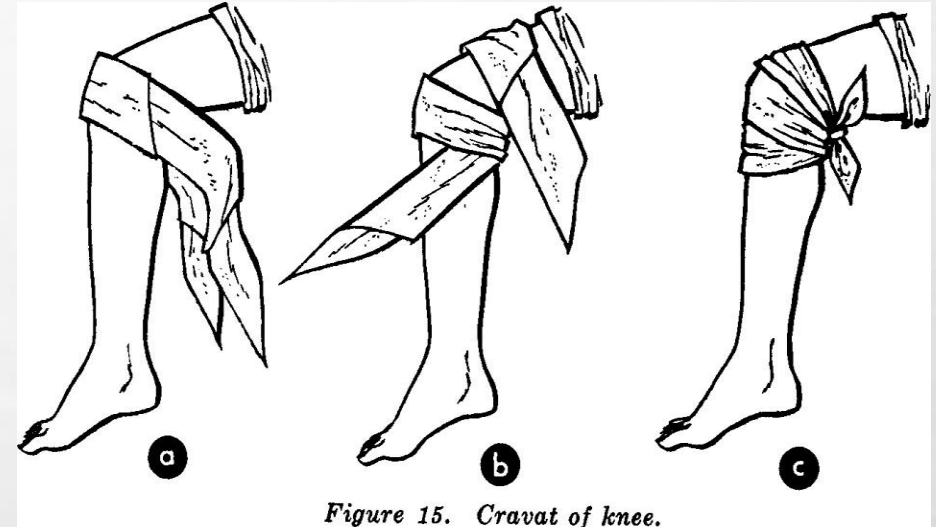
# CRAVAT FOR ELBOW

- **Bend arm at elbow and place center of cravat at point of elbow**
- **Bring ends up and across each other in overlapping spiral turns. Continue one end up arm and the other end down forearm.**
- **Bring ends to front of elbow and tie.**



# CRAVAT FOR THE KNEE

- **Start on top of the knees.**
- **Cross over and twist 2-3 times under the knee.**
- **Cross over on top/pull ends to opposite sides.**
- **Secure with a square knot under the knee**



# CRAVAT FOR THE FOREARM, ARM, LEG AND THIGH

- **Place center of cravat over the dressing**
- **Begin ascending turns with upper end and descending turns with lower end, with each turn covering two-third of preceding turn until dressing is covered.**
- **Terminate by tying both ends in square knot.**

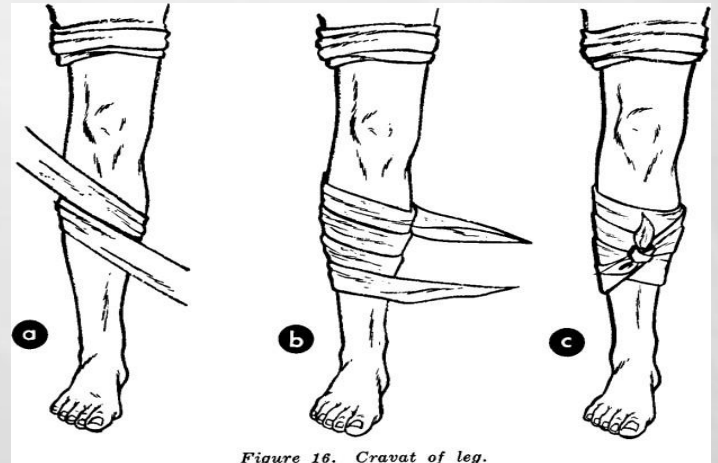
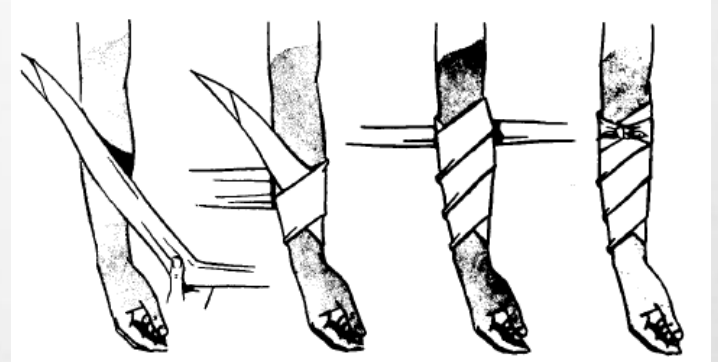
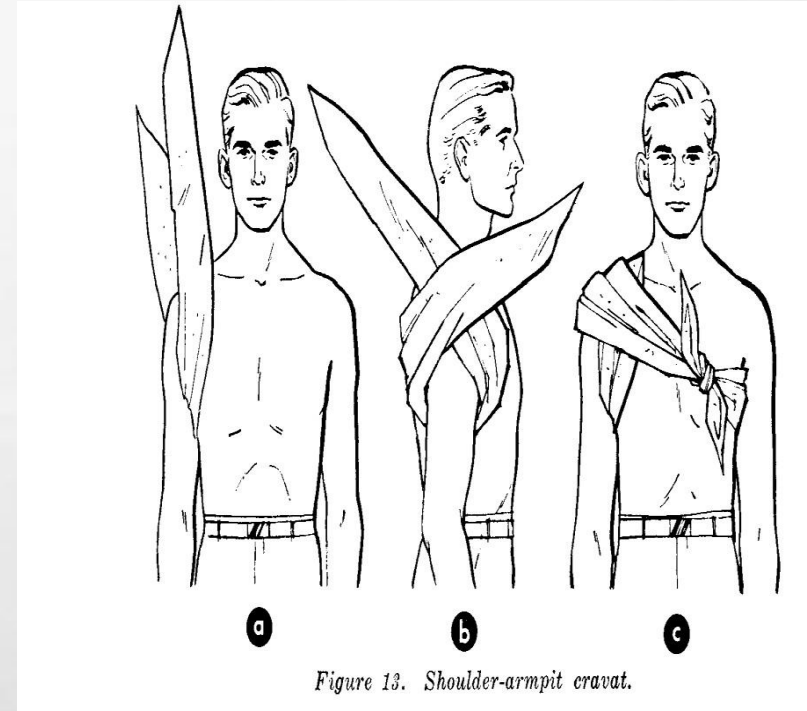


Figure 16. Cravat of leg.

# SHOULDER ARMPIT CRAVAT

- **Start at the armpit.**
- **Cross-over at injured shoulder**
- **Tie at the opposite armpit (side of front)**



# **BANDAGING TECHNIQUES DEPEND UPON:**

- **Size and location of the wounds**
- **Your first aid skills**
- **Materials at hand**